

“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.”  
~Buddha

# Bodywork & Breathwork

## SERVICES AVAILABLE

- **IBOGAINE TREATMENT**  
Safe, monitored and compassionate ibogaine treatments
- **PRE AND POST CARE**  
We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards
- **HOLISTIC THERAPIES**  
Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food
- **ON/OFF SITE COUNSELLING**  
Our expert counsellors will hold space and guide you through your processes
- **NAIKAN THERAPY**  
Naikan introspection therapy is a wonderful way to get back in touch with yourself
- **IRM**  
FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

### Rebalancing bodywork

Rebalancing works with a unique combination of individual body analysis, deep tissue work and self – inquiry. As the body softens and releases muscular rigidity, energy is released, and with it, old emotional patterns and psychological attitudes emerge. This freed-up energy is worked creatively to give more insight into patterns and limiting beliefs. Through this process, self-acceptance and self-care develops over time.

A loving and skilful touch is the essence of this bodywork. At Tabula Rasa, we consider bodywork as one of the most subtle arts – it is not only a question of expertise, it is first of all, a question of love. Rebalancing bodywork treats the body as a gift of tremendous value, not as a mechanism to be put right.

A rebalancing treatment takes 60- 90 minutes and always starts with a consideration about what needs to be addressed in the present moment.

### Breathwork

Breathwork is a unique form of therapy that focuses on the techniques of circular connected breathing to promote physical, psychological and spiritual healing.

Breathwork incorporates ancient Eastern healing practices as well as elements of modern-day Western science.

In recovery from addiction, breathwork is imperative for physical and mental well-being and to help avoid relapse. In breathwork, the emphasis on breathing may seem deceptively simplistic. However, the breath is central to life and well-being. The way we live is mirrored by the way we breathe. Changing the breathing pattern through breathwork therapy has a profound impact on the way a person feels, thinks, acts and connects to others. It has great benefits in terms of healing as well as improving overall emotional, physical and mental health. After 5-10 guided sessions clients will be able to do a breathwork session at home, keeping the benefits of breathwork available to themselves at all times.

The underlying premise of breathwork is that negative emotions from trauma and other painful experiences are often suppressed. Left unsolved, they can cause a variety of problems in life including unwanted behaviours, illness or addiction. Breathwork is designed to naturally induce an altered state of consciousness that enables one to access these suppressed emotions and memories.

